

## ABSTRACT

The invention teaches that supplementation with (–)-hydroxycitrate constitutes a novel means of reducing inflammation and is useful for preventing, treating and ameliorating conditions involving inflammation. The discovery that HCA has inflammation-moderating effects allows for the creation of novel and more efficacious approaches to preventing and ameliorating cardiovascular diseases, cancer, arthritis and a variety of other conditions that involve excessive inflammation. Inasmuch as one element common to advancing years is an increased level of generalized inflammation, the invention further lends itself to reducing or delaying this aspect of aging, one factor in what is known as sarcopenia. Furthermore, this discovery makes possible the development of adjuvant modalities which can be used to improve the results realized with other treatment compounds while at the same time reducing the side effects normally found with such drugs. HCA delivered in the form of its potassium salt is efficacious at a daily dosage (*bid* or *tid*) of between 750 mg and 10 grams, preferably at a dosage of between 3 and 6 grams for most individuals. A daily dosage above 10 grams might prove desirable under some circumstances, such as with extremely large or resistant individuals, but this level of intake is not deemed necessary under normal conditions.